DOCUMENT RESUME

ED 384 437 PS 023 456

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TITLE Bullying at School: What We Know and What We Can Do.
REPORT NO ISBN-0-631-19241-7
PUB DATE 95
NOTE 140p.
AVAILABLE FROM Blackwell Publishers/AIDC, P.O. Box 20, Willinston, VT 05495-0020 (paperback: ISBN-0-631-19241-7, $14.95; hardcover: ISBN-0-631-19239-5).
PUB TYPE Reports - Descriptive (141) -- Reports - Research/Technical (143) -- Books (010)

EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS Aggression; *Antisocial Behavior; *Behavior Change; Behavior Modification; *Behavior Problems; Change Strategies; Child Behavior; Elementary Education; *Elementary School Students; Foreign Countries; *Intervention; Program Effectiveness; *Student Behavior; Verbal Abuse; Violence
IDENTIFIERS *Bullying; Historical Background; Norway; Sweden

ABSTRACT

This book describes survey data and an intervention program conducted in Sweden and Norway as part of a government-led nationwide campaign against bullying. The survey data support some conventional wisdom about bullying, but also destroy many longheld myths about bullies and victims. The goals of the intervention program were to: (1) reduce or eliminate both direct bullying (open physical or verbal attacks) and indirect bullying (social isolation, confidence reduction); (2) achieve better peer relations at school; and (3) create conditions that enabled victims and bullies to function better in and out of the school setting. The book's introduction sets out the history of research into bullying. Part 1 defines bullying and surveys what is known about bully/victim problems among school children: where it occurs, characteristics of bullies and victims, and causes and extent of bullying. This survey is based primarily on four research projects (a longitudinal study and studies connected with a campaign against bully/victim problems). Guides for identifying bullies and victims are included. Part 2 gives a detailed presentation of the goals and methods of the intervention program, and shows how bully/victim problems can be addressed and counteracted at the school, classroom, and individual student levels. Part 3 summarizes the positive effects of the intervention program over a 2-year period; guiding principles of the program are also presented. Part 4 gives additional practical advice for implementing the program at a particular school and describes a set of core program components especially important for implementing the program. Contains 76 references. (TM)

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